

**Epi Update for Friday, September 14, 2018
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)**

Items for this week's EPI Update include:

- **Iowa West Nile virus activity highest since 2003**
- **IDPH monitors disease outbreaks around the world**
- **CDC quarantine stations**
- **In the news: Scientists are retooling bacteria to cure disease**
- **In the news: Infectious theory of Alzheimer's disease draws fresh interest**
- **In the news: Contagious hand, foot and mouth disease throws curveball into MLB season**
- **Infographic: Your mobile device could save your life**
- **Meeting announcements and training opportunities**

Iowa West Nile virus activity highest since 2003

West Nile virus (WNV) cases in Iowa have hit the second highest number since 2002 when the virus was first found in Iowa. A total of 73 cases are under investigation, including three Iowans who died due to the virus. The highest year was 2003, when Iowa had 147 cases. WNV activity will continue until the first hard frost.

Most people (70 to 80 percent) infected with WNV do not develop symptoms. About one in five infected people develop a fever and symptoms such as headache, body aches, joint pain, vomiting, diarrhea and a rash.

Iowans should take the following steps to reduce the risk of exposure to West Nile virus:

- Use insect repellent with DEET, Picaridin, oil of lemon eucalyptus or IR3535. Always read the repellent label and consult with a health care provider if you have questions when using these types of products for children. For example, oil of lemon eucalyptus should not be used on children under 3 years of age and DEET should not be used on children less than 2 months of age.
- Avoid outdoor activities at dusk and dawn when mosquitoes are most active.
- Wear long-sleeves, pants, shoes and socks outdoors whenever possible.

Also, eliminate standing water around your property because that's where mosquitoes lay eggs. Empty water from buckets, cans, pool covers and pet water dishes. Change water in bird baths every three to four days.

For more information about mosquito and tick transmitted diseases in Iowa, visit idph.iowa.gov/cade/vectorborne-illness.

IDPH monitors disease outbreaks around the world

At any given point in time, multiple outbreaks of potentially deadly diseases are occurring simultaneously around the world. As was witnessed in 2014 with Ebola, any of these seemingly exotic diseases are just a plane ride away from arriving in the U.S.

Currently, there are ongoing outbreaks of Ebola in the Democratic Republic of Congo and leptospirosis in Israel. Cases of monkeypox have been identified in the United Kingdom, and Papua New Guinea recently reported a case of polio. There has been heightened concern for Middle East Respiratory Syndrome (MERS) among travelers returning from the Hajj in Saudi Arabia, and multiple international flights were recently assessed due to ill travelers. The illnesses were generally identified as being due to influenza and other common diseases, not MERS.

IDPH continually monitors reports of infectious diseases worldwide and has developed extensive preparedness plans should a response be required for diseases such as Ebola, MERS, etc.

There are several online resources that track outbreaks worldwide, including:

- ProMED: www.promedmail.org
- WHO's Disease Outbreak News: www.who.int/csr/don/en/
- CDC's Current Outbreak List: www.cdc.gov/outbreaks/index.html

CDC quarantine stations

An officer from CDC's Chicago Quarantine Station recently made an annual visit to IDPH. The station, located at Chicago O'Hare International Airport, covers ports of entry in Illinois, Indiana, Wisconsin and Iowa. Quarantine stations work closely with law enforcement, public health and emergency response partners every day to conduct preparedness planning and infectious disease responses at ports of entry. The Chicago Quarantine Station also regulates and monitors any importations that may contain organisms that are infectious to humans. They also stock several rare and important medications, including botulism anti-toxin, diphtheria anti-toxin, and artesunate (to treat severe malaria) for release to hospitals throughout the U.S. In general, when Iowa needs one of these products, IDPH assists with coordination and delivery of these products to the requesting health care facility.

For more information about quarantine stations and the services they provide, visit www.cdc.gov/quarantine/quarantine-stations-us.html.

In the news: Scientists are retooling bacteria to cure disease

www.nytimes.com/2018/09/04/health/synthetic-biology-pku.html

In the news: Infectious theory of Alzheimer's disease draws fresh interest

www.npr.org/sections/health-shots/2018/09/09/645629133/infectious-theory-of-alzheimers-disease-draws-fresh-interest

In the news: Contagious hand, foot and mouth disease throws curveball into MLB season

www.npr.org/2018/09/12/647133036/contagious-hand-foot-and-mouth-disease-throws-curveball-into-mlb-season

Infographic: Your mobile device could save your life



To view in full size, visit twitter.com/nws/status/89056090722278144.

Meeting announcements and training opportunities

IDPH's *Influenza 2018-2019 Webinar for Hospital, Clinic, Laboratory, School and Long-term Care Settings* will take place September 19, 2018 at 10:30 AM. The webinar will cover updated information on current activity, surveillance in Iowa, vaccine recommendations, laboratory specimen guidance, and antiviral treatment and prophylaxis for the 2018-2019 influenza season. Those who register will receive a link to the recording. To register for the webinar, visit zoom.us/webinar/register/WN_NUODdhUYSpufXICeYn9ZIA.

Have a healthy and happy week!

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